



INTERNATIONAL COURSE IN YOGA TECHNIQUES IN EDUCATION

« Being and seeing ! » a look from your heart

FROM JULY 27TH TO AUGUST 2ND 2019
in BARCELONA
(CATALONIA-SPAIN)

Let's learn benevolence

Benevolence is a look, benevolence is a smile. Experience also tells us that it is an inner state able to illuminate all our encounters with the world, especially in learning situations. The reason is obvious: no one has ever proved that withdrawal and fear can foster the listening or a better assimilation of knowledge. It's just the opposite: in a relaxed environment, one learns better. Looking at the child from the heart with goodwill, reduces stress, wipes off doubts, awakens self-esteem and joyfully brings closer the soul of the teacher and the soul of the learner. All those who, trained in yoga, are committed to educating the new generations, are invited to join us at the EURYE 2019 Congress in Barcelona, a city well known for its creativity. Your presence will highlight a growing success in the transmission of knowledge.

Micheline Flak

THIS COURSE IS PART OF THE CURRICULUM FOR A TRAINING
COURSE IN YOGA TECHNIQUES IN EDUCATION.

It is validated with a 48h certificate

www.eurye.eu



Activities

Activities MORNING

1. Workshop - Nursery, Infants and Primary

Rye Italia : *Lorenza Corsini*, Yoga teacher, innovator and creator of projects for yoga in nursery and primary education and RYE France. *Jacques Benoît* has experience in RYE techniques as a therapist in psychomotor rehabilitation and has taught them in many RYE (and EURYE) courses. In Italian and French.

You will experiment age adapted practices, develop perceptive inner skills through simple postures, sensory exercises...

2. Workshop - Secondary « Looking at the teenager with understanding and sympathy »

RYE Uruguay : *Team RYE Uruguay* has been training teachers and health professionals in their country and in Latin America for 25 years. In Spanish and English.

Teenagers and their new paradigms. The readiness of the teacher to look towards the teenager and viceversa. Management of body, mind and emotions working with teenagers. Healthy classrooms, problem-solving and the importance of pauses, visualization and awareness development and concentration in the learning process.

3. Workshop - Inter-levels : « Hope and help for your health : Yoga in project work »

RYE Spain : *Encarnacion Romero* and *Maruja Rabat*. Teachers with long experience in primary and secondary education. Both of them Yoga teachers and RYE Spain trainers. In English and Spanish.

Developing a project: Creating, interiorising and assessing with the help of RYE techniques. A chance to be aware of the importance of the student's perception as well as the role of body and brain in the learning process.

4. Workshop - Advanced Level : « Variations around the hero... and other yoga exercises in education »

RYE France : *Véronique Mainguy*. History and Geography teacher in Secondary and post-secondary school. At present she is training future primary teachers in the Île de France. She is a yoga teacher and a RYE-France trainer In French.

This workshop will focus on DCC : Dig, Cooperate, Create :

- Dig : to deepen the knowledge of the «classic» yoga exercises in education.
- Cooperate : to exchange, build together and enrich the usual practices.
- Create : progressive sequences suitable for each audience and according to specific goals.

Afternoon trainers

1. Sacred Dances in the world

With *Geneviève Khemtemourian*, Sacred Dance teacher, sculptor and RYE trainer. In French, English and Spanish.

Result of a personal synthesis of different dance tendencies in which essential and significant gestures have been kept, this true meditation in movement generates vitality, serenity and harmony. Light and profound at the same time, Sacred Dance awakens in us an inner joy and takes us to our own heart with the joy of feeling connected with ourselves. Accessible by its simplicity and universality, it is addressed to both adults and children.

2. Percussion and voice in circle

With *Pau Gimeno*, Percussionist (Conservatorium of Barcelona) and therapist. This workshop aims to link percussion circles with community and families as an educational offer. Pau Gimeno works with groups at risk of social exclusion. In Spanish, English and French.

Percussion instruments give us an expressive communication experience. Regardless of previous experience, we invite you to interact with one another to work in an amusing way, using your own skills and also in relation to others. Throughout the four sessions, games, music and teacher's instructions will offer us the opportunity to grow both as humans and musicians.

3. ... from Clown to Life and Yoga

With *Maria José Fuentes*, Social worker and yoga instructor for children and adults. In Spanish and English.

The objective of this workshop is for each participant to connect with his or her authentic being through various clown techniques, which lie in playing games consciously and voluntarily, either in individual or group exercises.

4. Ma Wang Dui : Qi Gong of the seasons

With *Josep Busquets*, Primary school teacher. Specialist in Physical Education and Special Education. He has been trained in Qi Gong at the International Qi Gong Institute (IIQG) by Dr. Yves Requena.. In Spanish.

Through movement and breathing Qi Gong of the seasons is used to make internal energy flow and to regulate the Yin-Yang balance. At a therapeutic level, it is used to strengthen the five organs, to get rid of ailments and to prevent diseases.

SPEAKERS

28th August Sunday. « Being and Seeing. A Look from your Heart »

Micheline Flak, RYE France Founder , Honorary President of EURYE. co-Author of the book « *Yoga in School. A Primer for Teachers and Parents* ». Editions Satyanandashram. Paris. France.

David Bueno, PhD in Genetic Biology from the University of Barcelona.

Topic : Our brain and the learning process.



**RECEPTION : Saturday 27th july 2019 from 15h
(onwards)**

OPENING SESSION : 17h30
(Opening session and presentation of activities)

Programme

- 7h **YOGA SESSION**, in French, Spanish and English.
Teachers from different schools of yoga..
- 8h Breakfast.
- 9h -12h **TRAINING IN YOGA TECHNIQUES IN EDUCATION**
Different levels from basic to advanced.
- 12h30 Lunch.
- 15h -17h30 **WORKSHOP** (chosen during registration).
- 18h-19h **YOGA NIDRA** (A transforming technique).
In French, Spanish and English.
- 19h30 Dinner.

After dinner : Meditation, exchange of experiences...

Free time on Tuesday evening.

Thursday evening : Party including a show organised and presented by the leaders with contributions from participants

Friday 2nd August 2019 : Closing session

END OF THE STAGE : After breakfast





Very soon : Registrations eurye.eu



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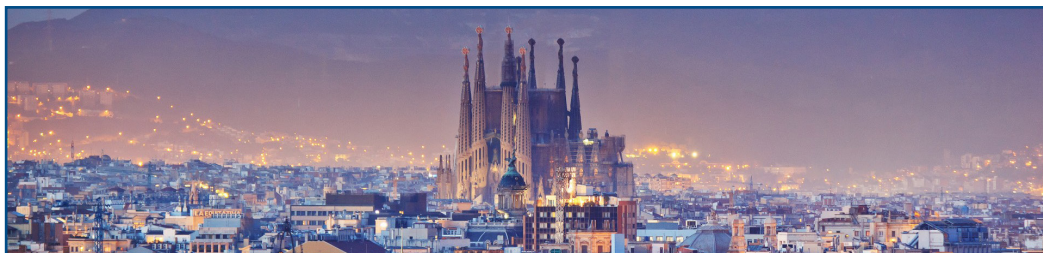
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Once you have applied for the course you will get a confirmation letter and details about the venue. Note : Barcelona is an extremely touristic destination. Make sure you book your flight in advance.